

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

1-10 (Canceled)

11. (Currently Amended) A method for making cookware having a non-stick surface, comprising the steps of:

- (a) providing a substrate in a desired cookware configuration;
- (b) preparing a surface of the substrate to remove dirt, grease, or other surface impurities;
- (c) applying a metal-ceramic layer ~~by high temperature spraying~~ to the prepared surface of step (b) to provide a controlled porosity of between about 5-15% by volume in said metal-ceramic layer and having a plurality of upstanding sharp peaks;
- (d) vacuum impregnating pores of said metal-ceramic layer with a liquid release agent;
- (e) thermally curing the impregnated liquid release agent; and
- (f) smoothing the impregnated metal-ceramic layer by removing the upstanding sharp peaks of metal ceramic to provide a non-stick surface defined by flat bare metal-ceramic portions and flat impregnated cured release agent areas substantially co-planar therewith.

12. (Previously Presented) The method of claim 11 wherein the metal-ceramic layer is one or more selected from the group consisting of chromium oxide, silicon carbide, titanium oxide, molybdenum oxide and titanium-alumina and is applied by one of high temperature arc spraying, plasma spraying or oxyacetylene spraying.

13. (Original) The method of claim 11 wherein the metal-ceramic layer is applied to a thickness of between 0.002 to 0.006 inch.

14. (Previously Presented) The method of claim 11 wherein the thickness of the metal-ceramic layer is about 0.004 inch and has a porosity of about 7% by volume.

15. (Previously Presented) The method of claim 11 wherein the liquid release agent is silicone resin, and wherein the thermal curing step (e) takes place at a temperature of about 550°F.

16. (Original) The method of claim 11 wherein the smoothing step (f) includes mechanical polishing to provide a non-stick surface having a surface smoothness of less than 10 ra.

17. (Previously Presented) The method of claim 11 wherein the metal-ceramic layer is chromium oxide having an applied thickness of about 0.004 inch and a porosity of about 7% by volume and wherein the liquid release agent is silicone resin.